

ZAMHA

A SIMPLE GUIDE TO HALAAL SHOPPING



This guide is intended to help Muslim consumers select acceptable food products in the supermarket. Products contain many ingredients in varying quantities, including trace amounts of Haraam or questionable ingredients. The purpose of this guide is to provide practical assistance in evaluating food products and understanding ingredients that may require caution.

HARAAM / AVOID

These are ingredients that are unquestionably Haraam and should be avoided. Examples include bacon, ham, pork, lard, hydrolyzed porcine collagen, ethyl alcohol, beer, gin, rum, scotch, vodka, whiskey, wine, wine coolers, bone phosphate (E-542), cochineal (E-120), and shellac (E-904).

INVESTIGATE FURTHER

Certain ingredients may originate from either Halaal or non-Halaal sources and therefore require investigation. Examples include artificial flavourings, enzymes, fatty acids, gelatin (E-441), glycerin, magnesium stearate, mono and diglycerides, phospholipids, polysorbates, tallow, whey and related ingredients.

DOUBTFUL E-NUMBERS

The guide highlights a range of E-numbers that require investigation. The presence of a doubtful E-number does not automatically make a product Haraam. For example, E-322 (Lecithin) can originate from either plant or animal sources. Soya lecithin is Halaal. The source must therefore be verified before determining the status of the product.

IMPORTANT NOTE

Many well-known products contain E-numbers that have been investigated and confirmed to be from Halaal sources. Consumers should avoid declaring products Haraam solely because a doubtful E-number appears on the label.

USEFUL SHOPPING TIPS

Always purchase products with clearly labelled ingredients. Avoid buying products without ingredient information. Check ingredients before purchasing new products and be particularly cautious with cheese, cakes, cookies, French fries, candies, soups, sauces, margarine, crisps and yogurt.

Only purchase meat products from outlets supervised by reputable Halaal certification bodies. Avoid restaurants and take-aways that sell alcohol, pork products, doubtful meat or other Haraam items.

THE GOLDEN RULE

IF IN DOUBT, LEAVE IT OUT! When uncertainty exists regarding a product or ingredient, seek clarification from a trusted Halaal authority. Authentic certified Halaal products remain the safest option for Muslim consumers.